

**SWIM
MANITOBA**



**PROVINCIAL
TEAM
HANDBOOK
AND
ACTION PLAN
2022-2023**

September 8, 2022

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The Swim Natation Manitoba High Performance Program encourages the continued development of elite swimming in Manitoba

PROGRAM GOALS

- ✓ To encourage Manitoba swimmers to perform to their fullest potential at major competitions.
- ✓ To elevate the performances of Manitoba swimmers to an international level.
- ✓ To provide a program that allows elite Manitoba swimmers to remain in the province for the duration of their swimming careers.
- ✓ To provide technical and financial support to allow elite swimmers to reach their full potential.

INTRODUCTION

The Swim Manitoba Provincial Teams are selected based on minimum performance criteria. These Teams' primary objective is to identify top swimmers in Manitoba and to facilitate a culture and commitment to excellent performance.

OUR BASIC TENETS

1. Swim-Natation Manitoba (SNM) believes in identifying and investing in the development of swimmers based on merit within the criteria that are set out in this document.
2. Swim-Natation Manitoba (SNM) believes in investing in the development of coaches within the criteria that are set out in this document.
3. Swim-Natation Manitoba (SNM) believes in identifying and investing in the development of clubs based on merit within the criteria that are set out in this document.
4. SNM will reward swimming performances that demonstrate success at major national competitions with potential for international level podium performances.
5. SNM will provide a program of financial and technical support that will allow identified Manitoba swimmers to reach their full potential.
6. SNM will only identify and support swimmers training on a full-time basis in Manitoba.
 - a. Manitoba post-secondary athletes, who train a portion of the year outside Manitoba, may become eligible for provincial team programming, but not funding, upon their return to Manitoba as long as the swimmer is registered with a SNM club.
7. Swimmers must be in good standing with Swim Manitoba to be part of a team and/or receive funding. Swim Manitoba reserves the right to remove an athlete from a team, to withdraw all or part of their funding if they are not in good standing.

ACTIVITY FOR ALL

Records

SNM will recognize and promote all swimmers who set a new provincial or national record.

Club visits

The Technical Director will schedule regular visits with all clubs to help the development of the sport.

OLYMPIC PATH SWIMMERS

Carded athlete

All Sport Canada carded athletes will receive funding/training expenses of \$2,000.00 per year. The funding/training expenses will be paid in 3 payments: December 15th, April 15th and August 15th.

To continue to receive the funding/training expenses during the year, the swimmer will need to remain active and carded by Swimming Canada. If the swimmer loses their carding from Swimming Canada, the swimmer will not receive subsequent payments.

The carded athlete will be encouraged to participate in the Senior Team activities.

Senior Team

SNM will identify 6 swimmers to be part of the Manitoba Swimming Senior Teams. The selection will be made using the Swimming Canada senior ranking in an Olympic event. To be part of the team, all swimmers need to have at minimum, the Senior National Standard (CSC). The swimmers who are 21 years of age and older on December 31st, 2022, will need to be in the top 20 in a minimum of 1 Olympic event LC. A swimmer from the junior team who reaches a senior top 16 following the March/April championships will be promoted to the senior team for the remainder of the season. The number of senior swimmers may thus go above 7 but the total number of junior and senior swimmers may not exceed 14.

The swimmer will receive annual funding/training expenses depending on their senior Swimming Canada ranking:

Top 3 swimmers will receive \$2,000.00 per year.

Swimmers 4 to 6 will receive \$1,000.00 per year.

Bonus: if the best ranking of a swimmer is:

- Senior Swimming Canada ranking top 3 = bonus of \$1,500.00 per year
- Senior Swimming Canada ranking top 8 = bonus of \$1,000.00 per year
- Senior Swimming Canada ranking top 16 = bonus of \$500.00 per year

Bonus: if the swimmer is still eligible for the Junior Team:

- Top 3 in the Swimming Canada ranking of their year of birth = bonus of \$500.00 per year
- Top 8 in the Swimming Canada ranking of their year of birth = bonus of \$250.00 per year

Bonus: if the swimmer swims under one "On Track Time" of their age in a National Meet:

- On Track 1 = bonus of \$1,000 per year
- On Track 2 = bonus of \$750 per year
- On Track 3 = bonus of \$500 per year

If there is a tie for the 3rd position or the 6th position, the second highest LC ranking of the swimmers will be used. If there is still a tie, we take the 3rd highest LC ranking and will continue until the tie is broken.

The funding/training expenses will be paid in 3 payments: December 15th, April 15th and August 15th.

To continue to receive the funding/training expenses during the year and be eligible for funding/training expenses next year, the swimmer will be required to remain active and follow the annual training plan.

The swimmer will also be required to participate in these activities:

- Spring Canadian Senior Trial or Championship
- Summer Canadian Senior Trial or Championship
- Provincial training camp in October and Common training in January and May/June
- Senior Team Competition in June (Mel Zajac)

If the swimmer does not participate in one of these activities (except if it conflicts with an activity of a national team) or does not follow the annual training plan, the swimmer will lose their place on the Senior or Junior Team and will not receive the next payment.

If a swimmer cannot attend due to injury or humanitarian causes, the swimmer or their coach will be required to send a medical report or letter to the Technical Director prior to the activity.

Services provide or available:

- SNM will pay for 3 video races analysis from RaceTek at each National Championships
- The swimmer will have access to this service from the Sport for Life specialist:
 - Full evaluation of the body posture (at October training camp)
 - Dryland program*
 - Nutrition consultation*
 - Sport Mental preparation*
- [Post-Secondary Scholarship Program](#)

**SNM will share a list of specialists and will pay for the first consultation. Subsequent consultations are at the swimmers' expense.*

Junior Team

SNM will identify 8 swimmers to be part of the Manitoba Swimming Junior Team. The age of the swimmer as December 31st will be 13-16 years old for female and 14-17 years old for male. The selection will be made using the Swimming Canada ranking in their year of birth, in an Olympic event, except for the new events (1500/800), giving time to have more swimmers in these events. To be part of the team, all swimmers will be required to have, at minimum, the Western National Standard and a top 25 in their age. **A swimmer from the junior team who reaches a senior top 16 following the March/April championships will be promoted to the senior team for the remainder of the season and will receive funding for the senior team on a pro-rata basis for the remaining months. The number of senior swimmers may thus go above 7 but the total number of junior and senior swimmers may not exceed 14.**

The selection will be made on a bi-annual basis.

- 1. The first selection will be for September to April and will use the LC Canadian ranking from July and August 2022. Swimmers will receive 50% of the funding.**
- 2. The second selection will be for May to August and will use the LC Canadian ranking from March and April 2023. Swimmers will receive 50% of the funding.**

Swimmer will receive annual funding/training expenses depending on ranking:

Top 4 swimmers will receive \$1,000.00 per year.

Swimmers 5 to 8 will receive \$500.00 per year.

Bonus: If the best ranking of a swimmer is:

- Top 3 in the Canadian ranking of their year of birth = bonus of \$500.00 per year
- Top 8 in the Canadian ranking of their year of birth = bonus of \$250.00 per year

Bonus: if the swimmer swims under one “On Track Time” of their age in a National Meet:

- On Track 1 = bonus of \$1,000 per year
- On Track 2 = bonus of \$750 per year
- On Track 3 = bonus of \$500 per year

If there is a tie for the 4th position or the 8th position, the second highest LC ranking of the swimmers will be used. If there is still a tie, we take the 3rd highest LC ranking and will continue until the tie is broken

The funding/training expenses will be paid in 3 payments: December 15th, April 15th and August 15th.

To continue to receive the funding/training expenses during the year and be eligible for funding/training expenses next year, the swimmer will be required to stay active and follow the annual training plan. The swimmer will also be required to participate in this activity:

- Spring Canadian Senior Trial or Championship, if they have the standard, if not, participate to in Western Championships
- Summer Canadian Senior Trial or Championship, if they have the standard, if not, participate in the National Junior Championships. If the swimmer doesn't have the Junior Standard, participate in ManSask Provincial Championships
- Provincial training camp in October and common training in January and May/June
- Junior Team Competition in December (Pointe-Claire)

If the swimmer does not participate in one of these activities (except if it conflicts with an activity of a national team) or does not follow the annual training plan, the swimmer will lose their place on the Junior Team and will not receive subsequent payments.

If a swimmer cannot attend due to injury or humanitarian causes, the swimmer or their coach will be required to send a medical report or letter to the Technical Director prior to the activity.

Services provide or available:

- SNM will pay for 2 video races analysis from RaceTek at each National Championships
- The swimmer will have access to this service from the Sport for Life specialist:
 - Full evaluation of the body posture (at October training camp)
 - Dryland program*
 - Nutrition consultation*
 - Sport Mental preparation*
- [Post-Secondary Scholarship Program](#)

**SNM will share a list of specialists and will pay for the first consultation. Subsequent consultations are at the swimmers' expense.*

Open Water swimmers

A swimmer who finishes in the first tier at a FINA Marathon Swim World Series will receive funding/training expenses of \$2,000.00.

A swimmer who finishes in the second tier at a FINA Marathon Swim World Series will receive funding/training expenses of \$1,000.00.

The first female who finishes in the first tier of the 3km at the Canadian Junior Championships will receive funding/training expenses of \$500.00.

The first male who finishes in the first tier of the 3km at the Canadian Junior Championships will receive funding/training expenses of \$500.00.

The funding/training expenses will be paid in 3 payments: December 15th, April 15th, and August 15th.

To continue to receive the funding/training expenses during the year and be eligible for funding/training expenses next year, the swimmer will be required to remain active and follow the annual training plan. The swimmer will also be required to participate in the following activities:

- Spring Canadian Senior Trial or Championship, if they have the standard, if not, participate in Western Championships
- Summer Canadian Senior Trial or Championship, if they have the standard, if not, participate in the National Junior Championships. If the swimmer doesn't have the Junior Standard, participate in ManSask Championships.
- Provincial training camp in October and Common training in January and May-June
- A FINA Marathon Swim World Series during the year
- Junior Team Competition in December (Pointe-Claire), if the swimmer is in the age range of the Junior Team.
- Senior Team Competition in May (Mel Zajac), if the swimmer is in the age range of the Senior Team.

If the swimmer does not attend one of these activities (except if it conflicts with an activity of a national team) or does not follow the annual training plan, the swimmer will lose their place in the OW Team and will not receive subsequent payments.

If a swimmer cannot attend due to injury or humanitarian causes, the swimmer or their coach will be required to send a medical report or letter to the Technical Director prior to the activity.

Services provide or available:

- SNM will pay for 2 video races analysis from RaceTek at each National Championships
- The swimmer will have access to this service from the Sport for Life specialist:
 - Full evaluation of the body posture (at October training camp)
 - Dryland program*
 - Nutrition consultation*
 - Sport Mental preparation*
- [Post-Secondary Scholarship Program](#)

**SNM will share a list of specialists and will pay for the first consultation. Subsequent consultations are at the swimmers' expense.*

PARALYMPIC PATH SWIMMERS

Para-Swimming Carded athlete

All Sport Canada carded athletes will receive funding/training expenses of \$2,000.00 per year. The funding/training expenses will be paid in 3 payments: December 15th, April 15th and August 15th.

To continue to receive the funding/training expenses during the year, the swimmer will be required to stay active and remain carded by Swimming Canada. If the swimmer loses their carding with Swimming Canada, the swimmer will not receive subsequent payments.

The carded athlete will be encouraged to participate in Senior Team activities.

Para-Swimming Senior Team

SNM will identify 2 swimmers to be part of the Manitoba Swimming Para-Swimming Senior Teams. The selection will be made using the most recent Swimming Canada Points Calculator in a Paralympic event. To be part of the team, all swimmers need to have at minimum one Para Standard National Meets.

The swimmer will receive annual funding/training expenses based on their highest Swimming Canada para-swimming point:

The swimmer with the highest point will receive \$1,000.00 per year.

The swimmer with the second highest point will receive \$750.00 per year.

Bonus: if the swimmer reaches these points:

- 800+ pts = bonus of \$1,500.00 per year
- 700-799 pts = bonus of \$1,000.00 per year
- 600-699 pts = bonus of \$500.00 per year

If there is a tie for the 1st position or the 2nd position, the second highest point on the WPS Points Calculator will be taken. If there is still a tie, we take the 3rd highest point and will continue until the tie is broken.

The funding/training expenses will be paid in 3 payments: December 15th, April 15th and August 15th.

To continue to receive the funding/training expenses during the year and be eligible for funding/training expenses next year, the swimmer will be required to stay active and follow the annual training plan. The swimmer will also be required to participate in these activities:

- Spring Canadian Senior Trials or Championships
- Summer Canadian Senior Trials or Championships
- Provincial training camp in October and any other provincial para-swimming clinic
- Para-Swimming Prospect West training camp (if the swimmer is eligible and selected)

If the swimmers do not attend these activities (except if it conflicts with an activity of a national team) or do not follow the annual training plan, the swimmer will lose their place on the Senior or Junior Team and will not receive subsequent payments.

If a swimmer cannot attend due to injury or humanitarian causes, the swimmer or their coach will be required to send a medical report or letter to the Technical Director prior to the activity.

Services provide or available:

- SNM will pay for 3 video races analysis from RaceTek at each National Championships
- The swimmer will have access to this service from the Sport for Life specialist:
 - Full evaluation of the body posture (at October training camp)
 - Dryland program*
 - Nutrition consultation*
 - Sport Mental preparation*
- [Post-Secondary Scholarship Program](#)

**SNM will share a list of specialists and will pay for the first consultation. Subsequent consultations are at the swimmers' expense.*

Para-Swimming Junior Team

SNM will identify 2 swimmers to be part of the Manitoba Para-Swimming Junior Team. The age of the swimmer as December 31st will be 13-17 years old for classes 6-10, 12-13 & 14, and 13-21 years old for classes 1-5 & 11. The selection will be made using the most recent Swimming Canada Points Calculator in a Paralympic event. To be part of the team, all swimmers need to have at minimum one Para-Swimming Provincial Standards.

The selection will be made on a bi-annual basis.

1. The first selection will be for September to April and will use the highest point from July and August 2022. **Swimmers will receive 50% of the funding.**
2. The second selection will be for May to August and will use the highest point from March and April 2023. **Swimmers will receive 50% of the funding.**

Swimmer will receive annual funding/training expenses depending on the highest point:

The swimmer with the highest point will receive \$500.00 per year.

The swimmer with the second highest point will receive \$250.00 per year.

Bonus: if the swimmer reaches these points:

- **500+ pts** = bonus of \$750.00 per year
- **400-499 pts** = bonus of \$500.00 per year
- **300-399 pts** = bonus of \$250.00 per year

If there is a tie for the 1st position or the 2nd position, the second highest point on the WPS Points Calculator will be taken. If there is still a tie, we take the 3rd highest point and will continue until the tie is broken.

The funding/training expenses will be paid in 3 payments: December 15th, April 15th and August 15th.

To continue to receive the funding/training expenses during the year and be eligible for funding/training expenses next year, the swimmer will be required to stay active and follow the annual training plan. The swimmer will also be required to participate in these activities:

- Spring Canadian Senior Trials or Championships, if they have the standard, if not, participate in Western Championships
- Summer Canadian Senior Trials or Championships, if they have the standard, if not, participate in the National Junior Championships.
- Provincial training camp in October and any other provincial para-swimming clinic
- Para-Swimming Prospect West Camp (if the swimmer is eligible and selected)

If the swimmer does not attend one of these activities (except if it conflicts with an activity of a national team) or does not follow the annual training plan, the swimmer will lose their place on the Junior Team and will not receive subsequent payments.

If a swimmer cannot attend due to injury or humanitarian causes, the swimmer or their coach will be required to send a medical report or letter to the Technical Director prior to the activity.

Services provide or available:

- SNM will pay for 2 video races analysis from RaceTek at each National Championships
- The swimmer will have access to this service from the Sport for Life specialist:
 - Full evaluation of the body posture (at October training camp)
 - Dryland program*
 - Nutrition consultation*
 - Sport Mental preparation*
- [Post-Secondary Scholarship Program](#)

**SNM will share a list of specialists and will pay for the first consultation. Subsequent consultations are at the swimmers' expense.*

COACHES

Coaches Conference

SNM, in collaboration with MSCA, will organize a coach's conference during the provincial training camp. All coaches will be welcome. The content will be adapted to all levels of coaches. SNM will encourage all clubs to send at least one coach.

Mentoring

Two bursaries of \$1,000.00 will be available for Coach Mentoring. One for a Senior coach and one for a Junior/Age Group coach. Coaches are required to send an application to the Technical Director before November 30th.

Coach Compensation

A coach in charge of a Manitoba Team for training, a camp, or for Games will receive a compensation of \$50 for half a day and \$100 for a full day. At the discretion of the Technical Director, a coach who does more planning work may receive additional compensation depending on the level of engagement.

PERFORMANCE FUNDING/TRAINING EXPENSES

Any swimmer who achieves at least one performance in a Senior Canadian Championships or Trials or Junior Canadian Championships based on the following table will receive a performance bursary based on the position reached. Only one bursary will be awarded per swimmer, according to their best ranking:

Best Performance	Trials or CSC	Canadian Junior & Senior Championships	Para-Swimming Senior Nationals or Trials or Can-Am
Gold Medalist	\$500.00	\$300.00	\$500.00
Silver Medalist	\$300.00	\$200.00	\$300.00
Bronze Medalist	\$200.00	\$100.00	\$200.00
A Finalist	\$100.00		

SPECIAL EVENT FUNDING/TRAINING EXPENSES

Funding/training expenses will be available to assist swimmers who make a national team competition that is not fully funded by the National Team. A grant of \$750.00 per swimmer per event will be available. The total fund for the year is \$2,500.00. If there are more than 3 swimmers/events who need this help, the \$2,500.00 will be divided by the number of swimmers/events. To get access to this special budget, the swimmer is required to send a request to the Technical Director and the Executive Director as soon as possible following their selection. **An application does not guarantee financial assistance.** Example of special budget: FISU Games.

ACTIVITIES

Coaches Conference

Dates: October 14-16, 2022
Location: Winnipeg, Pan Am Pool
Coaches: All coaches

October Provincial Training Camp

Dates: October 14-16, 2022
Location: Winnipeg, Pan Am Pool, Training Tank
Swimmers: Carding Athletes (invitation) Open Water Team (mandatory)
Senior Team (mandatory) Para-Swimming Senior Team (mandatory)
Junior Team (mandatory) Para-Swimming Junior Team (mandatory)

Junior Team Tour

Dates: December 8-11, 2022
Location: Pointe-Claire, QC
Swimmers: Junior Team (mandatory)

Winter Provincial Common Training

Dates: January 7, January 22
Location: Winnipeg, Pan Am Pool, Training Tank
Swimmers: Carding Athletes (invitation) Open Water Team (mandatory)
Senior Team (mandatory) Para-Swimming Senior Team (mandatory)
Junior Team (mandatory) Para-Swimming Junior Team (mandatory)

Para-Swimming Prospect West Camp

Dates: February, TBC
Location: TBC
Swimmers: Para-Swimming Junior Team (mandatory if selected)

Spring Provincial Common Training

Dates: May 20, June 3, June 17

Location: Winnipeg, Pan Am Pool, Training Tank

Swimmers:	Carding Athletes (invitation)	Open Water Team (mandatory)
	Senior Team (mandatory)	Para-Swimming Senior Team (mandatory)
	Junior Team (mandatory)	Para-Swimming Junior Team (mandatory)

Senior Team Tour

Dates: TBD

Location: Vancouver, BC

Swimmers: Senior Team (mandatory)